

02.11.2024

5

, 200m

9 - 13

										R.T.	
(9-10)											
1.			2015 II		1					+0,33	2:34.72 II
	25m: 16.18	16.18	75m: 54.23	19.72	125m: 1:34.57	20.37	175m: 2:16.09	20.24	200m: 2:34.72	18.63	
	50m: 34.51	18.33	100m: 1:14.20	19.97	150m: 1:55.85	21.28					
2.			2014 III		" "						2:39.71 III
	25m: 16.82	16.82	75m: 55.16	19.76	125m: 1:36.65	21.10	175m: 2:19.16	21.65	200m: 2:39.71	20.55	
	50m: 35.40	18.58	100m: 1:15.55	20.39	150m: 1:57.51	20.86					
3.			2014 I		" "					+0,69	2:41.47 III
	25m: 16.23	16.23	75m: 55.28	19.91	125m: 1:38.32	21.72	175m: 2:21.81	21.26	200m: 2:41.47	19.66	
	50m: 35.37	19.14	100m: 1:16.60	21.32	150m: 2:00.55	22.23					
4.			2014 III		" "						2:41.61 III
	25m: 16.15	16.15	75m: 56.14	20.81	125m: 1:40.90	22.60	175m: 2:22.13	19.22	200m: 2:41.61	19.48	
	50m: 35.33	19.18	100m: 1:18.30	22.16	150m: 2:02.91	22.01					
5.			2014 I		" "						2:45.70 III
	25m: 17.17	17.17	75m: 58.14	21.28	125m: 1:42.10	22.48	175m: 2:26.07	22.38	200m: 2:45.70	19.63	
	50m: 36.86	19.69	100m: 1:19.62	21.48	150m: 2:03.69	21.59					
6.			2014 III		" "					+0,79	2:46.22 III
	25m: 16.72	16.72	75m: 56.90	20.74	125m: 1:41.31	21.92	175m: 2:25.60	21.60	200m: 2:46.22	20.62	
	50m: 36.16	19.44	100m: 1:19.39	22.49	150m: 2:04.00	22.69					
7.			2014 III		" "						2:47.04 III
	25m: 18.06	18.06	75m: 1:00.03	21.72	125m: 1:44.51	22.52	175m: 2:28.22	21.25	200m: 2:47.04	18.82	
	50m: 38.31	20.25	100m: 1:21.99	21.96	150m: 2:06.97	22.46					
8.			2014 III		" "						2:50.39 III
	25m: 17.93	17.93	75m: 1:01.25	22.53	125m: 1:45.17	22.39	175m: 2:30.43	21.71	200m: 2:50.39	19.96	
	50m: 38.72	20.79	100m: 1:22.78	21.53	150m: 2:08.72	23.55					
9.			2014 I		3 "					+0,79	2:52.69 III
	25m: 19.04	19.04	75m: 1:02.12	22.04	125m: 1:47.80	22.55	175m: 2:32.58	21.98	200m: 2:52.69	20.11	
	50m: 40.08	21.04	100m: 1:25.25	23.13	150m: 2:10.60	22.80					
10.			2014 III		" "						2:54.34 I
	25m: 17.65	17.65	75m: 59.66	21.97	125m: 1:45.07	23.25	175m: 2:32.58	23.64	200m: 2:54.34	21.76	
	50m: 37.69	20.04	100m: 1:21.82	22.16	150m: 2:08.94	23.87					
11.			2014 III		3 "					+0,52	2:57.84 I
	25m: 18.10	18.10	75m: 1:02.30	22.99	125m: 1:49.85	24.01	175m: 2:36.20	22.13	200m: 2:57.84	21.64	
	50m: 39.31	21.21	100m: 1:25.84	23.54	150m: 2:14.07	24.22					
12.			2014 III		MY CHAMPS					+0,55	2:59.29 I
	25m: 18.37	18.37	75m: 1:02.54	22.51	125m: 1:49.20	23.16	175m: 2:36.12	23.36	200m: 2:59.29	23.17	
	50m: 40.03	21.66	100m: 1:26.04	23.50	150m: 2:12.76	23.56					
13.			2014 I		" "					+0,74	3:00.32 I
	25m: 19.21	19.21	75m: 1:03.65	22.55	125m: 1:50.20	22.49	175m: 2:37.39	25.57	200m: 3:00.32	22.93	
	50m: 41.10	21.89	100m: 1:27.71	24.06	150m: 2:11.82	21.62					
14.			2014 I		3					+0,59	3:01.19 I
	25m: 18.37	18.37	75m: 1:00.91	21.84	150m: 2:13.22	24.86	175m: 2:47.65	31.07	200m: 3:01.19	23.43	
	50m: 39.07	20.70	125m: 1:48.36	47.45	175m: 2:37.76	24.54					
15.			2014 I		" "					+0,54	3:11.44 I
	25m: 18.76	18.76	75m: 1:03.58	23.35	125m: 1:53.02	24.98	175m: 2:47.65	31.07	200m: 3:11.44	23.79	
	50m: 40.23	21.47	100m: 1:28.04	24.46	150m: 2:16.58	23.56					
16.			2014 I		" "						3:14.80 I
	25m: 20.17	20.17	75m: 1:07.18	23.98	125m: 1:57.77	25.53	175m: 2:49.42	25.74	200m: 3:14.80	25.38	
	50m: 43.20	23.03	100m: 1:32.24	25.06	150m: 2:23.68	25.91					
17.			2014 I		3 "						3:18.05 I
	25m: 19.55	19.55	75m: 1:06.16	24.23	125m: 1:58.72	26.44	175m: 2:52.40	28.10	200m: 3:18.05	25.65	
	50m: 41.93	22.38	100m: 1:32.28	26.12	150m: 2:24.30	25.58					
18.			2014 I		" "						3:18.19 I
	25m: 20.94	20.94	75m: 1:08.26	24.16	125m: 1:59.31	26.43	175m: 2:53.35	25.17	200m: 3:18.19	24.84	
	50m: 44.10	23.16	100m: 1:32.88	24.62	150m: 2:28.18	28.87					
19.			2014 II		" "						3:19.91 I
	25m: 19.38	19.38	75m: 1:07.60	24.94	125m: 2:00.08	25.86	175m: 2:54.03	28.38	200m: 3:19.91	25.88	
	50m: 42.66	23.28	100m: 1:34.22	26.62	150m: 2:25.65	25.57					
20.			2015 II		3 "					+0,50	3:26.95 II
	25m: 20.09	20.09	75m: 1:09.60	25.41	125m: 2:05.17	28.16	175m: 2:52.95	25.53	200m: 3:26.95	25.53	
	50m: 44.19	24.10	100m: 1:37.01	27.41	175m: 3:01.42	56.25					

5, , 200m , (9-10)

										R.T.		
21.	/			2015	I	"	"			+0,81	3:27.27	II
	25m:	1:09.68	1:09.68	50m:	44.11	100m:	1:37.42	53.31	200m:	3:27.27	1:49.85	
22.	/			2014	I	5	"			+0,36	3:28.72	II
	25m:	20.06	20.06	75m:	1:10.01	25.98	125m:	2:05.73	28.61	175m:	3:01.50	27.37
	50m:	44.03	23.97	100m:	1:37.12	27.11	150m:	2:34.13	28.40	200m:	3:28.72	27.22
23.	/			2015	II	"	"			+0,36	3:47.50	II
	25m:	21.84	21.84	75m:	2:15.95	1:28.42	150m:	2:46.37	1:00.27	200m:	3:47.50	1:01.13
	50m:	47.53	25.69	100m:	1:46.10							

(11-13)

1.	/			2011	"	"			+0,75	2:08.18		
	25m:	14.19	14.19	75m:	46.40	16.22	125m:	1:19.53	16.72	175m:	1:52.62	16.14
	50m:	30.18	15.99	100m:	1:02.81	16.41	150m:	1:36.48	16.95	200m:	2:08.18	15.56
2.	/			2011	"	"			+0,77	2:08.99		
	25m:	14.64	14.64	75m:	46.69	16.30	125m:	1:19.74	16.69	175m:	1:52.98	16.69
	50m:	30.39	15.75	100m:	1:03.05	16.36	150m:	1:36.29	16.55	200m:	2:08.99	16.01
3.	/			2012	"	"			+0,77	2:11.15		
	25m:	14.28	14.28	75m:	46.99	16.62	125m:	1:20.91	25.55	175m:	1:55.10	17.01
	50m:	30.37	16.09	100m:	55.36	8.37	150m:	1:38.09	17.18	200m:	2:11.15	16.05
4.	/			2012	"	"			+0,63	2:12.05	I	
	25m:	14.10	14.10	75m:	46.65	16.29	125m:	1:20.53	17.02	175m:	1:55.16	17.34
	50m:	30.36	16.26	100m:	1:03.51	16.86	150m:	1:37.82	17.29	200m:	2:12.05	16.89
5.	/			2011	I	10	"			+0,65	2:13.71	I
	25m:	14.64	14.64	75m:	47.53	16.52	125m:	1:21.56	17.13	175m:	1:57.69	18.35
	50m:	31.01	16.37	100m:	1:04.43	16.90	150m:	1:39.34	17.78	200m:	2:13.71	16.02
6.	/			2011	"	"				2:15.68	I	
	25m:	14.17	14.17	75m:	47.00	16.67	125m:	1:22.13	17.66	175m:	1:58.26	18.15
	50m:	30.33	16.16	100m:	1:04.47	17.47	150m:	1:40.11	17.98	200m:	2:15.68	17.42
7.	/			2012	I	"			+0,81	2:16.51	I	
	25m:	14.89	14.89	75m:	47.99	16.71	125m:	1:22.31	17.24	175m:	1:58.30	18.24
	50m:	31.28	16.39	100m:	1:05.07	17.08	150m:	1:40.06	17.75	200m:	2:16.51	18.21
8.	/			2011	I	10	"			+0,88	2:18.51	I
	25m:	15.03	15.03	75m:	48.80	17.04	125m:	1:24.25	17.61	175m:	2:00.62	17.94
	50m:	31.76	16.73	100m:	1:06.64	17.84	150m:	1:42.68	18.43	200m:	2:18.51	17.89
9.	/			2012	I	"			+0,63	2:19.54	I	
	25m:	14.86	14.86	75m:	49.05	17.54	125m:	1:25.19	18.23	175m:	2:01.81	18.20
	50m:	31.51	16.65	100m:	1:06.96	17.91	150m:	1:43.61	18.42	200m:	2:19.54	17.73
10.	/			2011	I	1	"				2:22.86	I
	25m:	15.03	15.03	75m:	48.87	17.32	125m:	1:25.77	18.63	175m:	2:04.01	19.05
	50m:	31.55	16.52	100m:	1:07.14	18.27	150m:	1:44.96	19.19	200m:	2:22.86	18.85
11.	/			2011	I	"			+0,73	2:25.13	I	
	25m:	14.98	14.98	75m:	48.82	17.18	125m:	1:26.34	19.47	175m:	2:06.55	20.33
	50m:	31.64	16.66	100m:	1:06.87	18.05	150m:	1:46.22	19.88	200m:	2:25.13	18.58
12.	/			2011	I	3	"			+0,88	2:26.28	I
	25m:	14.91	14.91	75m:	48.93	17.65	125m:	1:27.11	19.35	175m:	2:07.50	20.06
	50m:	31.28	16.37	100m:	1:07.76	18.83	150m:	1:47.44	20.33	200m:	2:26.28	18.78
13.	/			2012	I	"			+1,02	2:26.35	I	
	25m:	15.57	15.57	75m:	51.06	17.88	125m:	1:28.86	18.94	175m:	2:07.74	19.11
	50m:	33.18	17.61	100m:	1:09.92	18.86	150m:	1:48.63	19.77	200m:	2:26.35	18.61
14.	/			2012	I	"				2:26.53	I	
	25m:	15.27	15.27	75m:	50.34	17.92	125m:	1:28.23	18.91	175m:	2:07.57	19.99
	50m:	32.42	17.15	100m:	1:09.32	18.98	150m:	1:47.58	19.35	200m:	2:26.53	18.96
15.	/			2011	I	"			+0,70	2:26.63	I	
	25m:	15.26	15.26	75m:	50.47	18.14	125m:	1:28.18	19.03	175m:	2:07.69	19.65
	50m:	32.33	17.07	100m:	1:09.15	18.68	150m:	1:48.04	19.86	200m:	2:26.63	18.94
16.	/			2011	I	"			+0,77	2:27.57	I	
	25m:	16.22	16.22	75m:	51.97	18.03	125m:	1:29.47	19.05	175m:	2:08.27	19.28
	50m:	33.94	17.72	100m:	1:10.42	18.45	150m:	1:48.99	19.52	200m:	2:27.57	19.30
17.	/			2011	I	10	"			+1,00	2:27.64	I
	25m:	15.60	15.60	75m:	50.70	17.59	125m:	1:28.83	19.37	175m:	2:08.35	19.71
	50m:	33.11	17.51	100m:	1:09.46	18.76	150m:	1:48.64	19.81	200m:	2:27.64	19.29
18.	/			2013	I	"			+0,92	2:28.45	I	
	25m:	15.80	15.80	75m:	51.91	18.71	125m:	1:30.26	19.77	175m:	2:09.23	19.92
	50m:	33.20	17.40	100m:	1:10.49	18.58	150m:	1:49.31	19.05	200m:	2:28.45	19.22

		5, , 200m				(11-13)				R.T.	
19.				2011 I						+0,65	2:28.79 I
	25m:	15.55	15.55	75m:	51.31	18.44	125m:	1:29.68	19.33	175m:	2:10.05 20.24
	50m:	32.87	17.32	100m:	1:10.35	19.04	150m:	1:49.81	20.13	200m:	2:28.79 18.74
20.				2012 I			"	"		+0,51	2:28.97 I
	25m:	15.68	15.68	75m:	52.63	18.65	125m:	1:31.44	19.25	175m:	2:10.28 18.64
	50m:	33.98	18.30	100m:	1:12.19	19.56	150m:	1:51.64	20.20	200m:	2:28.97 18.69
21.				2012 I			"	"		+0,91	2:29.56 I
	25m:	16.08	16.08	75m:	53.05	18.87	125m:	1:31.83	19.54	175m:	2:10.92 19.66
	50m:	34.18	18.10	100m:	1:12.29	19.24	150m:	1:51.26	19.43	200m:	2:29.56 18.64
22.				2012 I			"	"		+0,75	2:30.62 I
	25m:	15.79	15.79	75m:	52.95	18.84	200m:	2:30.62	18.51		
	50m:	34.11	18.32	175m:	2:12.11	1:19.16					
23.				2012 III			"	"			2:30.89 I
	25m:	16.31	16.31	75m:	52.71	18.83	125m:	1:32.26	19.97	175m:	2:11.92 19.46
	50m:	33.88	17.57	100m:	1:12.29	19.58	150m:	1:52.46	20.20	200m:	2:30.89 18.97
24.				2011 I						+0,56	2:31.47 I
	25m:	15.14	15.14	75m:	51.14	18.55	125m:	1:30.72	20.31	175m:	2:11.84 20.57
	50m:	32.59	17.45	100m:	1:10.41	19.27	150m:	1:51.27	20.55	200m:	2:31.47 19.63
25.				2012 III		3				+0,91	2:32.70 I
	25m:	17.36	17.36	75m:	55.24	19.54	125m:	1:35.00	19.90	175m:	2:14.17 19.20
	50m:	35.70	18.34	100m:	1:15.10	19.86	150m:	1:54.97	19.97	200m:	2:32.70 18.53
26.				2013 III		10 "	"	"		+1,02	2:33.65 I
	25m:	17.39	17.39	75m:	55.03	19.29	125m:	1:35.45	20.24	175m:	2:15.39 19.54
	50m:	35.74	18.35	100m:	1:15.21	20.18	150m:	1:55.85	20.40	200m:	2:33.65 18.26
27.				2011 I							2:34.00 I
	25m:	17.04	17.04	75m:	55.37	19.42	125m:	1:35.30	20.21	175m:	2:15.08 19.50
	50m:	35.95	18.91	100m:	1:15.09	19.72	150m:	1:55.58	20.28	200m:	2:34.00 18.92
28.				2012 I						+0,70	2:35.68 I
	25m:	16.30	16.30	75m:	53.26	19.11	125m:	1:34.79	21.02	175m:	2:16.05 20.59
	50m:	34.15	17.85	100m:	1:13.77	20.51	150m:	1:55.46	20.67	200m:	2:35.68 19.63
29.				2013 I		"	"			+0,62	2:35.75 I
	25m:	15.98	15.98	75m:	53.60	19.30	125m:	1:34.41	20.73	175m:	2:16.12 21.06
	50m:	34.30	18.32	100m:	1:13.68	20.08	150m:	1:55.06	20.65	200m:	2:35.75 19.63
30.				2013 I		"	"				2:37.44 III
	25m:	16.35	16.35	75m:	54.38	19.47	125m:	1:35.32	20.70	175m:	2:16.94 20.17
	50m:	34.91	18.56	100m:	1:14.62	20.24	150m:	1:56.77	21.45	200m:	2:37.44 20.50
31.				2012 I		"	"	-		+0,63	2:37.72 III
	25m:	17.15	17.15	75m:	54.78	19.43	125m:	1:36.31	22.05	175m:	2:17.51 20.03
	50m:	35.35	18.20	100m:	1:14.26	19.48	150m:	1:57.48	21.17	200m:	2:37.72 20.21
32.				2013 I		"	"				2:38.09 III
	25m:	16.93	16.93	75m:	55.91	19.84	125m:	1:36.81	20.67	175m:	2:18.39 20.86
	50m:	36.07	19.14	100m:	1:16.14	20.23	150m:	1:57.53	20.72	200m:	2:38.09 19.70
33.				2012 I		"	"			+0,84	2:38.93 III
	25m:	16.84	16.84	75m:	56.11	19.90	125m:	1:36.92	20.56	175m:	2:18.05 20.83
	50m:	36.21	19.37	100m:	1:16.36	20.25	150m:	1:57.22	20.30	200m:	2:38.93 20.88
34.				2012 III		"	"			+0,70	2:40.21 III
	25m:	17.54	17.54	75m:	57.91	19.95	125m:	1:39.71	20.66	175m:	2:21.65 20.92
	50m:	37.96	20.42	100m:	1:19.05	21.14	150m:	2:00.73	21.02	200m:	2:40.21 18.56
35.				2013 III		"	"	-		+0,79	2:44.23 III
	25m:	17.55	17.55	75m:	58.51	20.86	125m:	1:41.90	21.53	175m:	2:24.47 21.16
	50m:	37.65	20.10	100m:	1:20.37	21.86	150m:	2:03.31	21.41	200m:	2:44.23 19.76
36.				2012 III							2:45.00 III
	25m:	17.69	17.69	75m:	58.69	20.92	125m:	1:41.98	22.09	175m:	2:25.73 19.27
	50m:	37.77	20.08	100m:	1:19.89	21.20	150m:	2:04.00	1:03.02	200m:	2:45.00
37.				2013 III		MY CHAMPS					2:45.25 III
	25m:	17.81	17.81	75m:	59.70	21.34	125m:	1:42.79	21.89	175m:	2:25.48 21.07
	50m:	38.36	20.55	100m:	1:20.90	21.20	150m:	2:04.41	21.62	200m:	2:45.25 19.77
38.				2013 III		"	"	-		+0,87	2:46.88 III
	25m:	18.11	18.11	75m:	59.60	20.83	125m:	1:43.73	21.52	175m:	2:28.68 21.91
	50m:	38.77	20.66	100m:	1:22.21	22.61	150m:	2:06.77	23.04	200m:	2:46.88 18.20
39.				2012 III		"	"			+0,97	2:47.32 III
	25m:	16.95	16.95	75m:	58.54	21.55	125m:	1:42.36	21.97	175m:	2:26.21 21.81
	50m:	36.99	20.04	100m:	1:20.39	21.85	150m:	2:04.40	22.04	200m:	2:47.32 21.11

5, , 200m , (11-13)

										R.T.		
40.	/			2012 III			3			2:52.64 III		
	25m:	17.78	17.78	75m:	59.57	21.50	125m:	1:44.57	22.71	175m:	2:30.99	22.94
	50m:	38.07	20.29	100m:	1:21.86	22.29	150m:	2:08.05	23.48	200m:	2:52.64	21.65
41.	/			2012 III			+0,71			2:55.17 I		
	25m:	18.95	18.95	75m:	1:02.09	22.07	125m:	1:47.67	23.12	175m:	2:33.74	22.43
	50m:	40.02	21.07	100m:	1:24.55	22.46	150m:	2:11.31	23.64	200m:	2:55.17	21.43
42.	/			2013 I			+0,62			3:07.82 I		
	25m:	19.52	19.52	75m:	1:04.09	22.95	125m:	1:53.81	24.79	175m:	2:44.03	25.41
	50m:	41.14	21.62	100m:	1:29.02	24.93	150m:	2:18.62	24.81	200m:	3:07.82	23.79
43.	/			2013 I			5 "			+0,87 3:25.85 II		
	25m:	19.49	19.49	75m:	1:09.52	26.36	125m:	2:03.70	27.32	175m:	2:58.58	31.30
	50m:	43.16	23.67	100m:	1:36.38	26.86	150m:	2:27.28	23.58	200m:	3:25.85	27.27
44.	/			2013 I			3 "			3:30.90 II		
	25m:	20.93	20.93	75m:	1:13.32	27.58	125m:	2:09.53	27.76	175m:	3:06.74	29.30
	50m:	45.74	24.81	100m:	1:41.77	28.45	150m:	2:37.44	27.91	200m:	3:30.90	24.16